



Dr. *michelle* cartier
ORTHODONTIST
embrace your smile!

BRUSHING AND FLOSSING

It is very important to try and brush after every meal in order to keep your teeth and gums healthy throughout your orthodontic treatment.

Brushing with Aligners

Your teeth have to be very clean before inserting your aligners otherwise cavities will form. You can only drink unflavored water with your aligners in place, no other liquids. Do NOT eat with your aligners in your mouth.

Brushing with Braces

Brush your teeth with a soft-bristled, small-headed toothbrush and fluoride toothpaste. A powered toothbrush can be used to increase your brushing effectiveness. Brush the outside and inside surfaces of your teeth using small, gentle, circular motions while positioning the head of the toothbrush at a 45-degree angle to the gum line. Brush your teeth's chewing surfaces and the inside surface of your front teeth using short, gentle, back-and-forth motions. Pay close attention to the areas around your braces.

Flossing with Braces

To floss with braces, use a floss threader or special orthodontic floss to thread the floss behind each wire. Gently slide the floss between each set of teeth using a back and forth motion. Flossing can be difficult with braces, a water flosser or "Water-pik" is highly recommended!